

“OK, I’m Karl’s wife, so judge for yourself the value of my testimony—but I can tell you that Karl is a happier, easier to live with, more fun, more loving, more outgoing, and more relational person since he has been testing and proving the principles in *Outsmarting Yourself* in his own life—and that’s evidence from the twenty years of our marriage. He effectively teaches this material because it has changed his own life, and mine too. Furthermore, I use these principles in my job as a pastor every day, since dealing with people is foundational to the work of the Kingdom of God.”

Charlotte Lehman

M.Div., pastor, pastoral counselor, Dr. Lehman’s wife

“People have an almost universal desire to be in strong, healthy, nurturing relationships where they are loved, known, and understood. However, finding and developing these types of relationships is often easier said than done. Dr. Karl Lehman gives the reader profound insights into why our relationships with ourselves, others, and God are not as life-giving and satisfying as we would like them to be. But don’t despair. He also gives clear solutions and guidelines that will radically transform your life and your relationships. I have personally used the information in this book to address and resolve my own relational difficulties, with life-changing results. Dr. Lehman’s writing style is engaging and often humorous. He is able to explain complex ideas in a simple, understandable manner, often using his own life experiences as an example. I highly recommend this book for those who want to maximize the quality and depth of their relationships.”

Andrea Bacon

M.D., board-certified in both child and adult psychiatry

“*Outsmarting Yourself* should be required reading for anyone wanting to serve and minister to the needs of those whose lives have been devastated by addictions and trauma. Karl’s careful discussion of the dynamic relationship between trauma, the brain’s pain-processing pathway and the Verbal Logical Explainer sheds new light on the development of the denial that is inherent in addictive and trauma-driven family systems, and the triggering that helps perpetuate them.

Thankfully, the book does not stop there! Karl goes on to suggest practical, workable, strategic interventions that help individuals identify and take responsibility for their own triggering and trauma—and discover how Jesus can be an active participant in the healing process. As a friend of Karl and Charlotte, it is a joy for me to know that he writes deeply from their own journey, experience, and relationship. Their lives are testimonies to the fact that these principles really do work—if you’re willing to apply them!”

Ed Khouri

Pastor, addictions specialist, and international addictions and trauma recovery trainer with thirty-one years of experience  
Secretariat, International Substance Abuse and Addiction Coalition  
Cofounder and President, Equipping Hearts for the Harvest

“The Lehmans’ teaching and modeling have been tremendously valuable in our pursuit of a marriage and family life that reaches its fullest potential. We use the paradigm and practices in this book regularly to recognize when our past is causing trouble and to return to joy. Dozens of memories that used to burden us have become places where we now find God’s peace. This material is more than brilliant ideas, it is part of our everyday life.”

Andy and Kristin Ross

Young couple who attend the same church as the Lehmans

“New! Profound and urgently needed! For only the second time in thirty years I have read something that is fundamentally original, very practical, and solves critical problems (Dr. Allan Schore’s books were the first such experience). Throughout my career as a counselor, whenever I worked with conflicts in which the people involved did not share the same sense of reality about the problem, nothing helped for long regardless of what I did. The “hurt” parties were almost always offended by my attempts to help, and eventually walked out of the talks with the relationships being lost. In *Outsmarting Yourself* Dr. Karl Lehman provides a brilliant integration of brain science and God’s healing that guides beginners and experts alike through simple interventions for correcting the ways our brains create distortions in our perceptions of reality; and when we then share the same sense of reality we can finally sort out conflicts that had previously been irreconcilable. Here is the road map for helping yourself and others out of the messiest relational tangles in life. This is a book for everyone you know who has a broken relationship in their life or in their church. We are about to see some people reunited!”

Jim Wilder

Ph.D., psychologist with thirty years of clinical experience

Director, Shepherd’s House,

Developer of *Thriving: Recover Your Life*

Author of several books, including *The Complete Guide to Living with Men*

“We have all had the experience of having emotional content from our past flood into a present moment, supercharging our reaction to the situation in front of us, and impacting not only our feelings and thoughts, but unfortunately our actions as well. Often we have done or said things we later regret. Dr. Lehman explains, with eloquence and wit, the answer to our question, “What just hit me?”

In order to demonstrate the principles that cause these emotional reactions, as well as the effective interventions he has developed, Dr. Lehman humbly shares examples from his own healing journey. I think Dr. Lehman’s openness and sense of humor about his own experiences are two of the most important strengths of this book. He not only provides vivid and concrete examples, but also gives permission for each of us to be just where we are in our own process of healing. Dr. Lehman then outlines a path to freedom from the painful and destructive influences of these emotional intrusions by combining the latest in brain science and a dynamic connection with Jesus, our Immanuel.

Dr. Lehman goes to great lengths to present this material in a way that is understandable to a lay person who is just being introduced to emotional healing, and at the same time is informative and exciting to a professional with years of experience. The insights Dr. Lehman presents have been very beneficial to me both as a psychologist in private practice as well as in my own marriage and other relationships. I have been tremendously blessed to have Dr. Lehman as a friend and a colleague. I was an original member of his first mentoring group and have had the privilege to learn from him for the last ten years. Thank you, Karl, for all you have given me.”

Wanda K. Morgan

Ph.D., psychologist and psychotherapist with thirty years of clinical experience

See the Endorsements section of the *Outsmarting Yourself* website for a number of additional endorsements that have come in since publication